

FINDING STILLNESS IN MOVEMENT

In times of crisis our attention is drawn towards the ever-changing course of events. We find ourselves ceaselessly involved in what is going on outside of us, and our activity comes to define who we are. This can be very exhausting, so exhausting that even when we have time off we cannot relax.

We can rectify this imbalance by becoming more aware of the stillness which is the basis of movement.

Sit in a comfortable position with your spine straight and your skeleton supporting your weight so that your muscles can relax. You can have your eyes open or closed as you prefer.

Pay attention to how you are breathing. When water is poured into a jug, the jug fills from the bottom up. With this image in mind, relax your diaphragm and as you breathe in imagine the air is going to the bottom of your lungs and gradually filling them up. Then slightly contract the diaphragm and breathe out from the bottom of your lungs. Keep your chest relaxed and avoid effortful breathing.

With relaxed easy deep breathing...

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 3

Let this become the sole focus of your attention, only the breath, only the breath.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 2

The air of the world is flowing into you, replenishing you – simply receive the air and let it leave.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 2

Simply aware of this movement of accepting and releasing, there is nothing to think about, nothing to do. Simply be aware of the filling and emptying of your lungs.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 2

Your awareness illuminates what is occurring; like a mirror it clearly reveals what is occurring without getting involved. Remain relaxed and spacious as the ceaseless flow of the breath carries on without any effort.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 2

Breath comes and goes
Thoughts come and go
Sensations come and go
Feelings come and go
Memories come and go
Worrying thoughts come and go
Anxious tensing comes and goes

Life is pulsation revealed in the mirror of our awareness. Awareness is the basis of all our experience: it never changes. Experiences such as plans, accidents, thoughts and memories are fleeting, here and then gone.

BREATHE IN ... BREATHE OUT (5 SECS EACH) X 2

Awareness, like the sky, lets everything pass through. All that occurs is clearly revealed as it is. Nothing that occurs leaves a mark on awareness. It is movement which patterns movement so ease yourself out of unnecessary involvement in the flow of experience.

Sit in open awareness without merging in experience, and without rejecting or altering anything.

WE WILL NOW SIT QUIETLY FOR ONE MINUTE.

Movement and stillness are not in opposition. The stillness of open awareness is the field within which movement occurs.

WE WILL NOW SIT QUIETLY FOR ONE MINUTE.

As you move back into your busy life, into the intoxicating domain of ceaseless activity, recall, whenever you can, the still space of awareness which is always present.